



### Tai-Nan Wang L.Ac., O.M.D.

4295 Gesner Street, Suite 1A  
San Diego, CA 92117  
619-684-1848

## Treating Diabetes with Acupuncture and Oriental Medicine

It is estimated that 25.8 million men, women and children in the United States have diabetes. Diabetes is a disease in which the body does not produce or properly use insulin, a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. According to the Centers for Disease Control and Prevention the risk for death is approximately twice that of persons of similar age without diabetes.

The cause of diabetes continues to be a mystery, although both genetics and environmental factors such as obesity and lack of exercise appear to play roles. Complications of diabetes include heart disease, hypertension, eye problems, kidney disease, nervous system disease, periodontal disease, amputation, fatigue, depression, and complications during pregnancy.

In order to manage diabetes, it is essential for people to make healthy lifestyle choices in diet, exercise, and other health habits. Another important factor when treating diabetes is creating a support team of health care professionals. This support team may include your primary doctor, an eye doctor, nurses, a dietitian, and a licensed acupuncturist.



### Diabetes according to Oriental Medicine

According to Traditional Oriental Medicine, diabetes is caused by an imbalance of the cyclical flow of Qi within the meridians and organ systems.

This particular imbalance produces heat that depletes the body's fluids and Qi causing symptoms such as:

- Fatigue
- Lethargy
- Unexplained Weight Loss
- Excessive Thirst (Polydipsia)
- Excessive Urination (Polyuria)
- Excessive Eating (Polyphagia)
- Poor Wound Healing
- Infections
- Irritability
- Blurry Vision

### How Acupuncture and Oriental Medicine Treats Diabetes

In treating diabetes, Oriental medicine offers a way to address each patient individually to eliminate the symptoms associated with diabetes and reduce the need for insulin. A variety of techniques may be used during treatment including acupuncture, herbal medicine, bodywork, lifestyle/dietary recommendations and energetic exercises. The treatment for diabetes focuses on regulating the circulation of blood and Qi and balancing the organ systems to improve pancreatic function and address internal heat and the depletion of fluids. When treating diabetes, acupuncture and Oriental medicine can assist the body to regain its normal healthy functioning.

**To add acupuncture and Oriental medicine to your arsenal when fighting diabetes and learn more**

about how acupuncture and Oriental medicine can improve your health and well being call for a consultation today!

---

## Five Areas Diabetics Should Monitor Carefully

There are a lot of complications caused by diabetes that require extra attention. If you have diabetes make sure you monitor these five areas on a regular basis.

### **Blood Sugar**

Understand how diabetes changes how food affects your body. Know the signs of low blood sugar. Have a plan in place to correct your blood sugar levels when necessary.

### **Heart Health**

Diabetics have a higher risk of heart attacks and stroke. Optimal cholesterol and blood pressure goals are lower for diabetics.

### **Infections**

Due to higher blood sugar levels bacteria grow and infections develop more quickly. Treating infections early on can prevent serious complications later.

### **Feet**

Diabetics may suffer from neuropathy, or nerve death in their feet and can get an injury or serious infection without feeling it.

### **Exercise**

Exercise has been shown to decrease blood sugars and improve insulin resistance, the main issue in those with type II diabetes.

